

“Walk & Get Dressed!”**1. Intro:**

- 1.1. **Prayer:** Lord, turn a **light** on in our **head**, build a **fire** in our **heart** & give us the **endurance** to **run** our race, all the way to the finish line!
- 1.2. “God didn’t come to make **bad** people **good**, but to make **dead** people **alive!**”
- 1.3. **Q:** How is it that people can think they have a “*new Life*” without having a “*new Lifestyle*?” [A **new life** demands a **new lifestyle**]
- 1.3.1. In **sociology**, a **lifestyle** is the way a person(or a group) lives. This includes patterns of social relations, consumption, entertainment, and dress. **A lifestyle** typically also reflects an individual's **attitudes, values, or worldview.**
- 1.3.2. **Worldview** - **Answers 4 things, 4 questions of life:** [1] **Origen** – How did I come to be? [2] **Meaning** – What gives life meaning? [3] **Morality** – How do I define good & evil? [4] **Destiny** –What happens when I die?
- 1.3.3. Let’s learn about this **New Life & New Lifestyle.**
- 1.4. **Outline:** [1] **Avoiding Immoral Lifestyles** [2] **Adopting a Spiritual Lifestyle.**

2. AVOIDING IMMORAL LIFESTYLES! (17-24)

- 2.1. **WALK!** (17-19)
- 2.2. What an attention getter Paul lays down here! (listen to NIV as it highlights the “command”)
- 2.3. “So I tell you this, and **insist on it** in the Lord, that you **must no longer** live as the Gentiles do, in the futility of their thinking.” (NIV)
- 2.4. **Futility** – Aimlessness. The leading to no object or end.
- 2.5. The Gentile’s minds were **completely out of touch w/the reality of God**, so they were **going nowhere.**¹
 - 2.5.1. They lacked understanding, were hard hearted, spiritually blind, shameless, & greedy.
 - 2.5.2. **You are not to be like this!** - This is the **opposite** of what Christ is!
- 2.6. **Eugene Peterson** wrote a book entitled *Run With the Horses*. “The puzzle is why so many people **live so badly**. Not so wickedly, but so inanely. Not so cruelly, but so stupidly. There's little to admire and less to imitate in the people who are prominent in our culture. We have celebrities, but not saints. Famous entertainers amuse a nation of bored insomniacs. Infamous criminals act out the aggressions of timid conformists. Petulant and spoiled athletes play games vicariously for lazy and apathetic spectators. People aimless and bored amuse themselves with trivia & trash. Neither the adventure of goodness nor the pursuit of righteousness get headlines.”

¹ Shepherd’s Notes; pg.52

- 2.7. **GET DRESSED!** (20-24)
- 2.8. **Put off the old self!** (22)
- 2.8.1. Put off old self is likened to putting off old clothes.
- 2.8.2. The **tense** of the verb is important because it signifies a **once-for-all, concluding action**.
- 2.8.2.1. **It's done once & permanently!**
- 2.8.2.1.1. Like Lazarus' grave clothes.
- 2.8.2.1.2. **Or like**, dirty soiled stain filled clothes.
- 2.9. **Be made new in the attitude of your mind!** (23)
- 2.9.1. This change isn't only **outward**, but it also involves the **inner person** as well.
- 2.9.2. This **tense** signifies this is a **continual process**.
- 2.9.3. This is my basis for when I tell believers, "quit focusing on **not doing wrong** & start focusing on **doing what is spiritually right!**"
- 2.10. **Put on your new self!** (24)
- 2.10.1. Put on the new self is likened to putting on new clothes.
- 2.10.1.1. Love the smell & look of new clothes!
- 2.10.2. This new look is created according to the likeness of God.
- 2.10.2.1. **Put on the new self, created to be like God (NIV)**
- 2.10.3. **Jordache Jeans** came up with a popular jingle in the 80's, "**You've got the look I want to know better!**"
- 2.10.3.1. That of course **wasn't** "the look"; & Praise God it is **no longer** "the look!"
- 2.10.3.2. But here God reveals, "The Look" and we should all want to **know it better!**
- 2.11. **Sum it up!** – Becoming a Christian involves far more than **truths w/the mind!**
- 2.11.1. **It requires** a complete break w/the past life of sin.
- 2.11.2. **It requires** the *putting off* of the old self, & the *putting on* of the new self, which is created to be like God.
- 2.11.3. The present tense used w/each of these commands, indicates continual action. Meaning the reader is to **continually act** in a **certain way**.
- 2.12. A **brand-new man** thinks right; **feels** right; **acts** right; & **is** right!
- 2.13. **Q:** Ever have the blessing of getting a brand new car/truck, right off the lot?
- 2.13.1. There's something about getting rid of the old clunker, & climbing into your new auto.
- 2.13.2. The ride is different, more performance, its quieter inside, it sparkles, everything about it is fresh, ohhh & that new car smell. 😊
- 2.13.3. You make sure you keep it washed & clean. Amor All & wheels black.
- 2.13.4. You'd never want to "**go back**" once you're in **your new ride!**
- 2.13.5. That's not only how it is with a **new ride**, but with **our New Walk!**

3. **ADOPTING A SPIRITUAL LIFESTYLE! (25-32)**

- 3.1. This is a **very practical & challenging** section as Paul focus' on holy living.
- 3.1.1. Last part of the chapter dealt with walking in **Unity**, now his challenge to walk in **Purity!**
- 3.2. **Speak Truth!** (25)
- 3.3. **Falsehood** is not a characteristic of the believer's new nature.
- 3.4. Don't only **put away lies**, but have your life be characterized by **speaking the truth**.
- 3.5. Since we depend on one another as believers we must be able to **trust** each other's **words & deeds**.
- 3.6. **Deal with Anger!** (26,27)
- 3.7. **The story** is told about a **little boy** who **got into a fight** with his **older brother** one morning. Somewhat outmatched, he took quite a beating. It was his pride, however, that suffered the most. The whole experience left him feeling bitter. In fact, he refused to talk to his brother all day. Bedtime came, and their mother, very much wanting to see the two make up, said to the younger, "Don't you think you should forgive your brother before you go to sleep? Remember, the Bible says, 'Do not let the sun go down on your wrath.'" The youngster looked perplexed. He thought for a few moments and then blurted out, "But, Mommy, how can I keep the sun from going down?"
- 3.8. Paul quotes Ps.4:4 "**Be angry, and do not sin.**" [Let's look at that Psalm]
- 3.9. David faced his anger honestly & gave it to the Lord.
- 3.9.1. David had a right to be angry. Anger can be **used by God** to bring about **righteousness**, or it can be **used by Satan** to bring about **sin**.
- 3.9.2. **Meditate** – means "*to discuss w/yourself.*"
- 3.9.3. There's a big difference between "**brooding while lying in bed**", & "**meditating while lying there quietly.**"
- 3.9.4. **Night time** brings with it its temptation to brood on **past wrongs & present perils!**
- 3.9.4.1. Often we can't do anything about the wars that rage **around us...but we can do something about the wars inside of us!**
- 3.9.5. **Q: Ever struggle w/insomnia? Sleep disorders?** This Psalms for you!
- 3.9.5.1. People have tried Sleeping pills, herbs, special pillows/beds.
- 3.9.6. Some can relate to Psalm 6:6 "**I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears.**"
- 3.9.7. Try reading this Psalm & meditating on it upon your bed!
- 3.9.7.1. David's was probably in a cave!
- 3.9.8. "**God never sleeps, so why should you stay awake & worry?**"
- 3.9.9. "**If you can't sleep, don't count sheep – talk to the Shepherd!**"
- 3.9.9.1. Or, don't just count sheep...count **HIS** sheep! (i.e. pray for friends)

- 3.10. A **failure** to resolve it before sundown keep's one's anger alive, & provides **the devil** a foothold, i.e. *room to work his evil in your life!*
- 3.11. When I'm **Dove hunting**, the dove simply needs to stay away farther than my shotgun can shoot, & I can't touch it.
- 3.11.1. We need to keep the same *minimum* distance from Satan's guns pointing at us!
- 3.12. After reading the story of Adam and Eve to his young son & daughter, then 5 & 4, the father asked what the story told them. "Not to play with snakes," his son's reply without hesitation.
- 3.13. **Honest Work!** (28)
- 3.14. "Paul's antidote for **taking** is to develop a habit of **giving!**" (David George)
- 3.15. Hands that used to be involved in **stealing** must now engage in **honest work**.
- 3.16. **Gracious Speech!** (29)
- 3.17. Becoming a Christian **changes** the way a person **speaks**.
- 3.18. A **minister** was making a wooden trellis to support a climbing vine. As he was pounding away, he noticed that a **little boy** was watching him. The youngster didn't say a word, so the preacher kept on working, thinking the lad would leave. But he didn't. Pleased at the thought that his work was being admired, the pastor finally said, "Well, son, trying to pick up some pointers on gardening?" "No," he replied. "I'm just waiting to hear what a preacher says when he hits his thumb with a hammer."
- 3.19. **Corrupt** (sapos) – Rank, foul, putrid, rotten, worthless, disgusting.
- 3.20. **Good** – Helpful, beneficial.
- 3.21. Speech controlled by the new nature will exhibit 3 characteristics:
- 3.21.1. [1] It **edifies or builds up**.
- 3.21.2. [2] It is **appropriate**.
- 3.21.3. [3] It has a **redemptive effect** on those who hear it.
- 3.22. *William Temple* said, "The **most influential** of all educational factors is **the conversation** in a child's home."
- 3.23. **Harmony with the Spirit!** (30)
- 3.24. The **new nature** at work w/in the believer is **the work of the H.S.**
- 3.24.1. God is **saddened & disappointed** when His people fail to live up to their **new nature**.
- 3.24.2. A friend of **Vance Havner** coined a word by combining the words **squelch** and **quench**. He used to say, "Don't 'squench' the Spirit."
- 3.24.2.1. **Squelch**(silence) and **quench**(extinguish).
- 3.25. **You were sealed!** – Finished!

- 3.26. **Christlike Relationships!** (31)
- 3.27. Right after the warning against grieving the H.S. Paul lists 6 forms of sin that must be put away: (each has to do with speech)
- 3.27.1. [1] **Bitterness** – A spirit of resentment that refuses to be reconciled.
 - 3.27.2. [2] **Wrath** – A subtle, deep-flowing, persistent antagonism against someone.
 - 3.27.3. [3] **Anger** – A temporary outburst of temper.
 - 3.27.4. [4] **Clamor** (brawling) – Loud expressions of grievance, shouting.
 - 3.27.5. [5] **Evil Speaking** (slander) – Speaking evil of others & God.
 - 3.27.6. [6] **All Malice** – A **general term** that includes **any evil word or act** against another; **the root** of the above vices.
- 3.28. **Put away from you** – Pick up & carry away. To make a clean sweep.
- 3.29. **These sins invite Satan to influence your life, & they grieve the Spirit of God, harm the church, & even hurt yourself.**